

Expressing Emotions

Unit 2: Mental Health

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How Well Do You Express Your Emotion?

Follow the five guidelines:

1. Identify the emotion
2. Identify the source of the emotion
3. Decide whether or not you need to respond right away
4. Choose a responsible & healthful response
5. Protect your health



What is Anger?

Anger: feeling of being irritated or annoyed

- Typically a response to being hurt, frustrated, insulted, or rejected
- **Anger trigger** - thought or event that causes a person to become angry

Types of Anger:

- **Hidden Anger:** anger that is unrecognized & is expressed in inappropriate ways
 - Negativity, making cruel remarks, sarcasm, procrastination, having a “short-fuse”
- **Hostility:** a chronic state of anger, those that are always angry; a physical state that places the body at greater risk of developing severe disease
 - Minimal rest, immune system becomes suppressed, aggressive
 - Teenagers in this stage of anger have lowered serotonin levels
 - **Serotonin** – chemical that is involved in controlling states of consciousness & mood

How Can Anger Be Expressed?

Projection: blaming others for actions or events for which they are not responsible

Displacement: releasing anger on someone or something other than the cause of the anger

Symptoms of Anger	
Rapid breathing	Increased heart rate, blood pressure
Increased sweating (increased palms)	Dry mouth
Increased alertness	Decreased sensitivity to pain
Increased muscle strength as a result of increased availability of blood sugar to the muscles	Tensed eyebrows, reddening of the face

Managing Anger

Anger-management skills: healthy ways in controlling & expressing anger

Managing Anger	
Anger self-inventory	Use self-statements
Use I-messages instead of you-messages	Write a letter
Write in a journal	Use physical activity/exercise
Breathe deeply	Keep a sense of humor
Rehearse what to do in situations that you know will trigger you	Talk with a parent, guardian, or mentor

Anger Self-Inventory

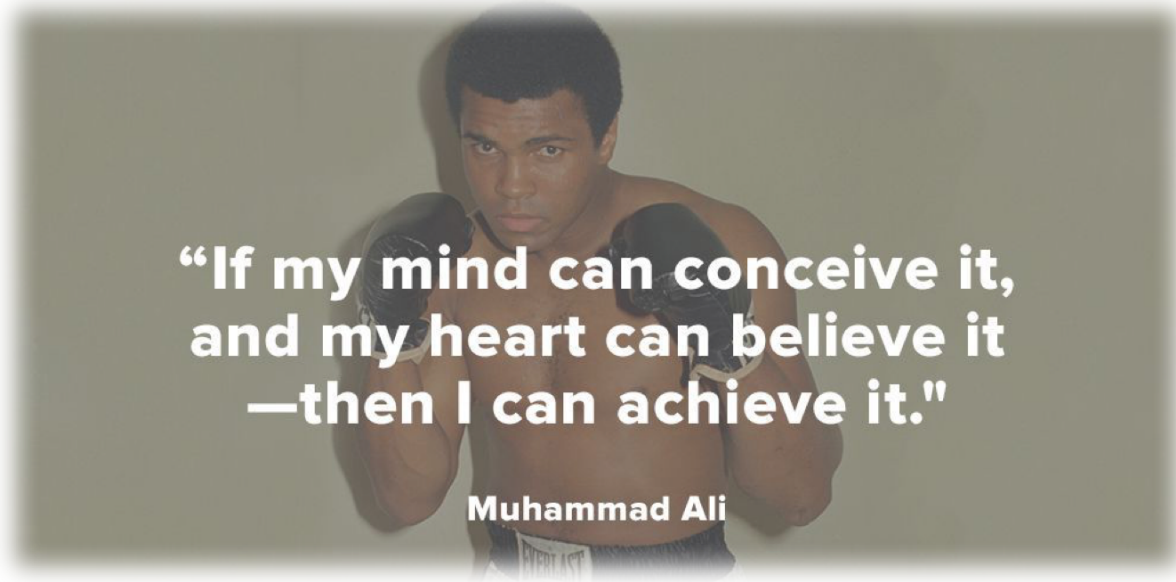
Aids in processing anger

- Answer the following types of questions when you experience anger cues:
 - What symptoms are you experiencing?
 - What are the possible causes of anger?
 - Has your anger been growing overtime?
 - Is your anger justified or are you overreacting to a situation or person?
 - If your anger is justified, examine appropriate ways to express it.

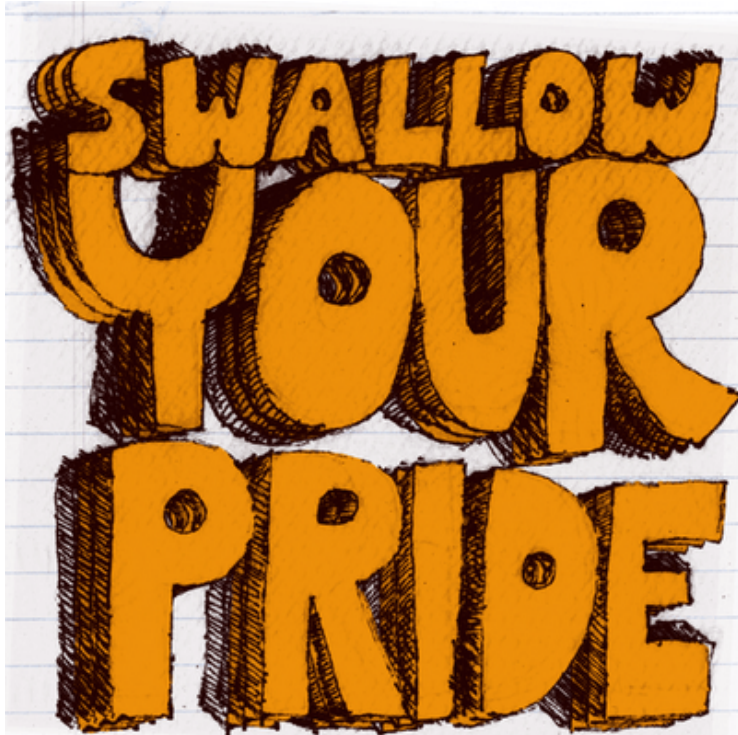
Self-Statements

Words a person can say to him/herself when experiencing anger triggers & cues

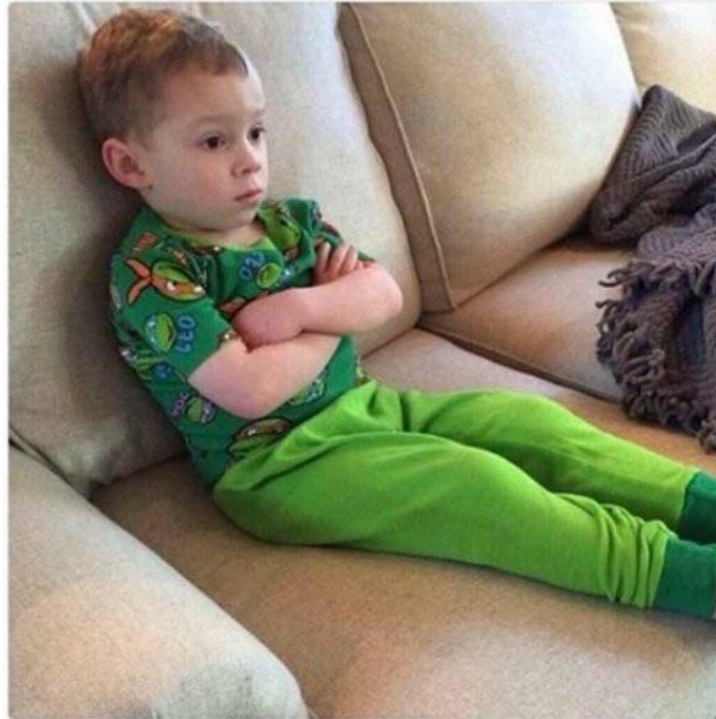
- Extremely common method of managing anger
 - "I can manage this situation"
 - "I will take a few deep breaths before I say anything"
 - "I can respond in a positive manner."



What problems can one face when managing his/her anger?



When u realize you're acting like a brat but you're already in too deep and can't stop



I ❤️ ME